**Words meaning:**

1-**Obese:** Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. The issue has grown to epidemic proportions, with over 4 million people dying each year as a result of being overweight or obese in 2017 according to the global burden of disease.

2-**Nutrition**: Nutrition is about eating a healthy and balanced diet. Food and drink provide the energy and nutrients you need to be healthy. Understanding these nutrition terms may make it easier for you to make better food choices.

3-**Prevalent:** We can define “prevalent” as the most commonly found, being dominant or widespread, or describing the presence of a wide spectrum of a variety of a particular activity or property in a given population. It is the opposite of the words, rare, uncommon, infrequent, etc. Prevalence, in turn, is a noun of it, which can be defined as the population that is grouped based on a variety of particular activities.

4-**Binge-eating disorder**: Binge-eating disorder is a serious eating disorder in which you frequently consume unusually large amounts of food and feel unable to stop eating.

Almost everyone overeats on occasion, such as having seconds or thirds of a holiday meal. But for some people, excessive overeating that feels out of control and becomes a regular occurrence crosses the line to binge-eating disorder.

***Sources (Citation):***

Obese <https://www.who.int/health-topics/obesity#tab=tab_1>

Nutrition <https://medlineplus.gov/definitions/nutritiondefinitions.html>

Prevalent <https://www.biologyonline.com/dictionary/prevalent>

Binge-eating disorder <https://www.mayoclinic.org/diseases-conditions/binge-eating-disorder/symptoms-causes/syc-20353627>